

**IN THE CLAIMS:**

Please amend the claims as set forth in the following Claim Listing.

**CLAIM LISTING:**

1 – 25. (Cancelled)

26. (New) A self-treatment method of treating gingival detachment of at least 3 mm consisting of the steps of:

- (a) removing biofilm from supragingival tooth surfaces;
- (b) removing biofilm from interproximal tooth surfaces; and
- (c) removing biofilm from interproximal and subgingival tooth surfaces;

wherein the biofilm is removed by physically working soft abrasives into the supragingival, interproximal and subgingival biofilms, thereby causing the disruption and removal of the biofilm from these three tooth surfaces, and thereby providing a self-treatment for the gingival detachment.

27. (New) The method of claim 26, wherein the biofilm is removed from supragingival tooth surfaces by using a ribbed and grooved bristled toothbrush in combination with toothpaste containing soft abrasives.

28. (New) The method of claim 26, wherein the biofilm is removed from interproximal tooth surfaces by using a ribbed and grooved bristled proxy brush in combination with proxy gel containing soft abrasives.

29. (New) The method of claim 26, wherein the biofilm is removed from interproximal and subgingival tooth surfaces by using dental floss or dental tape containing releasable soft abrasives,

30. (New) The method of claim 27, wherein the toothbrush includes from three to five ribs and grooves.

31. (New) The method of claim 30, wherein the toothbrush has five ribs and grooves.

32. (New) The method of claim 28, wherein the proxy brush includes from three to five ribs and grooves.

33. (New) The method of claim 32, wherein the proxy brush has five ribs and grooves.

34. (New) The method of claim 27, wherein the toothpaste further contains an emulsion of nonionic surfactants and polydimethylsiloxanes.

35. (New) The method of claim 28, wherein the proxy gel further contains an emulsion of nonionic surfactants and polydimethylsiloxanes.

36. (New) The method of claim 29, wherein the dental floss or dental tape further contains an emulsion of nonionic surfactants and polydimethylsiloxanes.

37. (New) The method of claim 27, wherein the toothpaste further contains one or more therapeutic substances that can control the inflammation related substances associated with heart disease selected from the group consisting of: aspirin, NSAIDS, and

salicylic acid.

38. (New) The method of claim 28, wherein the proxy gel further contains one or more therapeutic substances that can control the inflammation related substances associated with heart disease selected from the group consisting of: aspirin, NSAIDS, and salicylic acid.

39. (New) The method of claim 29, wherein the dental floss or dental tape further contains one or more therapeutic substances that can control the inflammation related substances associated with heart disease selected from the group consisting of: aspirin, NSAIDS, and salicylic acid.

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